Vancouver metro

WEDNESDAY, JUNE 17, 2015 | High 21°C Low 13°C

PUBLIC PIANO PROJECT SAVED
metroNEWS

Team U-S-eh?

Alexa Cabrales, left, and Casey Murphy of California were among the throngs of red-white-and-blue costumed Americans in Vancouver Tuesday to watch FIFA Women's World Cup match between Nigeria and USA at B.C. Place Stadium. Story, metroNEWS. JENNIFER GAUTHIER/FOR METRO

Marijuana ads hitting sour note

Jazz Festival's program has publicity for dispensaries

Liam Britten
For Metro | Vancouver

The Vancouver International Jazz Festival found that advertising for marijuana dispensaries in its program guide was definitely out of tune with Health Canada regulations.

The festival's organizers were threatened with up to $5 million in fines and two years in jail for breaking Health Canada regulations that prohibit advertising for dispensaries.

In a statement, Health Canada noted that advertising for marijuana is illegal, and that "Health Canada has taken compliance action when in receipt of official complaints of violations of the regulations governing advertising marijuana."

Health Canada refused to comment about whether or not they had received a complaint in this case.

Coastal Jazz, the organizers of the Jazz Festival, declined to comment on this story.

However, in a statement, they said they regret the inclusion of the dispensary ads, and said that new mechanisms have been put in place to avoid a repeat of the incident.

> **"I just thought it would be a nice way to give awareness to local people about our dispensary.**
> Jessika Villano, owner of Buddha Barn in Kitsilano

One of the dispensaries that advertised in the program was Buddha Barn in Kitsilano.

Owner Jessika Villano said she paid around $1,500 for a half-page ad in the program.

She said her dispensary aims to attract an older clientele, and she was "shocked" by the threats of fines and jail time for the organizers.

She said that she had advertised in print several times before — including with Metro — and that she had never had any problems with Health Canada for doing so.

(Full disclosure: Metro no longer runs dispensary ads due to the legal environment).

"We just thought this would be a good venue to project our dispensary," she said.

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Your essential daily news

The Donald wants to be president. World

Opera company moving to festival model in 2017

ARTS AND CULTURE

Fluctuating demand brings an end to full seasons

Thandi Fletcher
Metro | Vancouver

The fat lady has sung, but it seems the Vancouver Opera isn't ready to close the curtains just yet.

The opera company announced Tuesday that, after 55 years, its regular eight-month seasons would be no more. Instead, the company will switch to an opera festival model, concentrating three of its four productions over a three-week period starting in spring 2016.

Jim Wright, general director of the Vancouver Opera, said the decision was based on fluctuating demand and changing demographics that have had an adverse impact on revenues.

"There is no denying that … traditional opera audiences around the world are aging out," Wright told reporters at a news conference Tuesday. "By transforming our core programming into a festival format, we are evolving with our city and continuing to build our reputation for artistic excellence and innovation."

Carmen is just one of the popular operas the Vancouver Opera might incorporate in its new festival format, starting in spring 2017. TIM MATHESON/CONTRIBUTED

Wright said switching to a festival model is expected to help Vancouver Opera reduce its operating budget by $1 million.

Savings will come from cutting down marketing efforts to one production, instead of four, every year, as well as reducing staff with fewer full-time positions and more contract positions during the festival itself.

Wright wouldn't say exactly how many staff positions would be eliminated except to say it will be "noticeable."

"We're talking with our staff about that," he said. "We promised the staff that we would let them know with plenty of time which jobs are affected and which ones are not."

The new format will showcase three major productions at the Vancouver Opera's festival hub at the Queen Elizabeth Theatre, Vancouver Playhouse Theatre and its adjoining plaza spaces.

Wright said the festival will include a unique mix of experiences, like collaborative performances, animated lobby and plaza spaces, and special programming that the company hopes will attract a younger, more diverse audience.

"I'm really excited about this," he said. "After being here for 17 years, I know that this is really a city that loves festivals … and why not? They bring people together in ways that doing four separate operas with months between them can't do."

The festival's first production for 2017 will be Othello and will premiere April 27, while the other two productions will be announced closer to the date.

"We're very excited about what this means for the future," said Wright. "I think it's exactly what the opera company needs and I think it's exactly what the community will embrace."

MOTORCYCLE ESCAPADE

Chase ends in 58 fines

A motorcycle used to evade police in a movie-like stunt through a suburban Vancouver mall — even hurtling down an escalator — has been seized by RCMP and its owner fined about $13,000.

Mounties in Surrey announced Tuesday that even though officers can't identify the driver in the Feb. 20 video of the escapade, they are holding onto the bike pending outcome of a civil forfeiture hearing.

RCMP Cpl. Scotty Schumann said the 58 traffic violations that led to the fine included speeding, disobeying a red light and driving without insurance.

"I've seen some crazy driving in my time but I've never seen anything where a vehicle tries to elude police by driving into a building," he said.

"It's absolutely amazing that this motorcyclist was able first to stay on the machine while riding down an escalator but also amazing that he didn't strike shoppers."

Schumann said registered owners are responsible for their vehicles at all times and can choose to provide officers with information about who was driving during an offence. Owners who don't co-operate can be charged with the offence under the Motor Vehicles Act, he said.

"We have advised the civil forfeiture office that all the offences are from the provincial statute, the Motor Vehicle Act," said Schumann.

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COURT

House arrest urged for former Mountie

The lawyer for an ex-Mountie who lied at a public inquiry into Robert Dziekanski's death is recommending house arrest and community service for his client, calling him a "poster child for failure."

"He's fallen a long way and I think he could bring some insight to others who struggle, particularly in the aboriginal community," said David Crossin, who represents former RCMP corporal Benjamin (Monty) Robinson.

Robinson was in B.C. Supreme Court on Tuesday for a sentencing hearing, three months after he was convicted of perjury stemming from testimony he gave at an inquiry into Dziekanski's death at Vancouver's airport.

Crossin recommended Robinson be sentenced to one year of house arrest followed by 12 months of curfew and 200 hours of community service, preferably in the area of drug and alcohol counselling.

Reading from a doctor's submission, Crossin said Robinson suffered from undiagnosed post-traumatic stress disorder and alcohol abuse when he testified at the inquiry in early 2009, and that he remained in that debilitated state until his trial in 2012.

Crossin also brought up Robinson's aboriginal heritage as a mitigating factor, as well as his family history of alcohol abuse.

Robinson, who is in his mid-40s, left the RCMP in 2012 and has been sober since then, Crossin said. THE CANADIAN PRESS

COURT

Journalist denies she tried to extort Furlong

A journalist who is suing former Vancouver Olympic CEO John Furlong for defamation says she was devastated and shocked after he implied she tried to extort money from him.

Laura Robinson told a civil trial that she was deeply disturbed by remarks Furlong made after her article was published in the Georgia Straight newspaper about his past in Burns Lake.

"There was no inkling in all my questions that I was part of some extortion scheme. It's a federal offence. It was just shocking," she testified on Tuesday.

The story included allegations by eight former students that Furlong had beaten and taunted them while working as a physical education teacher at a Roman Catholic elementary school in the late 1960s and early 1970s.

At a news conference in September 2012 after the story was published, Furlong said that he had been contacted prior to the 2010 Winter Olympic Games and was told that "for a payment it could be made to go away." He did not say who contacted him.

His lawyer John Hunter told reporters outside the courthouse Tuesday that his client "never" accused Robinson of extortion, but he declined to elaborate. THE CANADIAN PRESS

MONEY

Robinson told the trial her freelance income has dropped from $52,600 in 2011 to $10,700 in 2014 and she spent more than $150,000 defending herself from Furlong's defamation suit, which he dropped in March after the last of three sexual abuse suits against him was dismissed.

Daniela Gardea, right, kisses her partner Brenda Scott-Castro during their civil union ceremony in their home country of Mexico in 2011. DANIELA GARDEA/CONTRIBUTED

Same-sex marriage ruling celebrated

LEGALIZATION

Mexican court legalizes unions to delight of Vancouverites

Liam Britten
Metro | Vancouver

A local Mexican couple is hailing a court decision in their home country that declared laws against same-sex marriage unconstitutional and effectively legalized such marriages.

Daniela Gardea and her partner Brenda Scott-Castro left Mexico for Vancouver four years ago, in part because of homophobic attitudes back home.

"I didn't realize how much (homophobia) affected my life until I came to Vancouver and I experienced being able to be out and hold my partner's hand and walk down the street feeling completely safe about it," said Gardea.

Mexico is regarded as a fairly conservative country, and more than 83 per cent of Mexicans identify as Catholic. Although Mexico City and three states already allow same-sex marriage, the rest of Mexico's 31 states did not. On June 3, the Supreme Court ruled those states' laws unconstitutional.

According to Gardea, most gay and lesbian people in Mexico live their lives "invisibly," as being out can affect job prospects and estrange people from their families. As well, hate crimes do happen, and police are often indifferent to them.

Gardea hopes the Supreme Court's decision will send a message to the people of Mexico that homophobia is not acceptable, though that shift in attitudes could take time.

"I think that this will have the most impact in terms of the visibility it will bring to LGBT people in Mexico," Gardea said. "I'm sure it's not going to solve homophobia in Mexico or machismo in Mexico, but I do feel like it's going to snowball."

Meanwhile, the United States Supreme Court is currently deciding whether bans on same-sex marriage are unconstitutional in that country. A decision is expected at the end of June.

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Hordes of Team USA supporters showed off their team spirit in Vancouver on Tuesday ahead of the U.S. women's soccer game against Nigeria. THANDI FLETCHER/METRO; JENNIFER GAUTHIER/METRO

Star-spangled support floods in

WOMEN'S WORLD CUP

Waves of fans jammed city streets before Nigeria game

Thandi Fletcher
Metro | Vancouver

A sea of red, white and blue has descended on Vancouver.

Thousands of soccer fans from across the United States arrived in the city this week to support their team in its final group-stage game against Nigeria at the 2015 FIFA Women's World Cup.

Many fans, including the American Outlaws, the unofficial U.S. soccer supporters association, gathered Tuesday afternoon at the FIFA Fan Zone at Cambie and Georgia streets, where they planned to start marching down Beatty Street to BC Place Stadium prior to kick-off.

While tensions ran high ahead of the U.S. team's make-or-break match, which started at 5 p.m., the day was teeming only with excitement for diehard soccer fan Genesis Esquivel.

> **"I think they're a little bit better than I've been seeing in the previous games and I think it's going to click. Once it clicks, we're going to see how good they are.**
> U.S. fan Saul Mendoza

Just seeing her team up close is a dream come true for the 13-year-old from California, who travelled to Vancouver with her grandparents Marielos and Bernie Esquivel, who live in Costa Rica.

"I want to become a professional soccer player one day," Genesis told Metro. "So to experience everything and see what it's all about, it's pretty exciting."

The soccer-loving teen said the trip to Vancouver was a Christmas present from her grandparents, who wanted her to see her idol, American forward and goal-scoring legend Abby Wambach.

A Team USA fan wears his patriotic mohawk with pride in Vancouver on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

"She's my favourite player," said Genesis. "You can tell in her eyes that she's passionate about the sport. Every time she's going in for those headers, it's like wow. She wants it."

Saul Mendoza, who lives in Tri-Cities, Wash., travelled to Vancouver with his under-13 girls' soccer team on Tuesday with a goal of "showing them the next level" of soccer.

Decked out in stars and stripes, including red, white and blue tutus, bandanas and knee-high socks, the team of girls said they have high hopes the U.S. will take home the trophy.

"I'm just hoping to see them put it together," Mendoza said.

"I think they're a little bit better than I've been seeing in the previous games and I think it's going to click. Once it clicks, we're going to see how good they are."

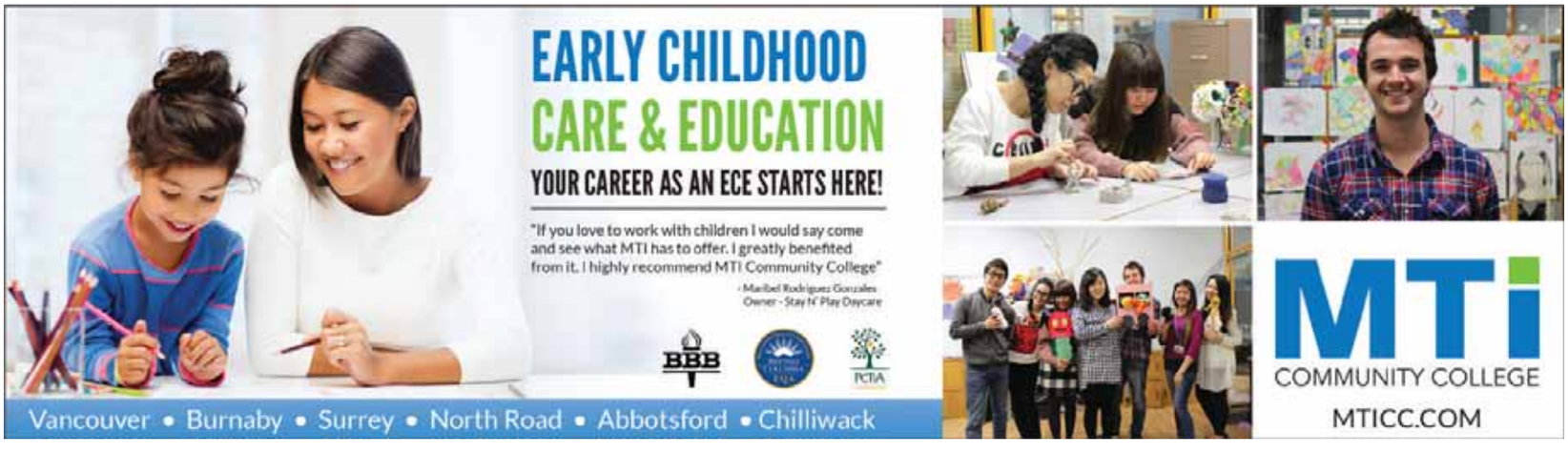
Amber Sessions, spokeswoman for Tourism Vancouver, said the arrival of so many U.S. soccer fans is good news for the city.

While the city won't have data on the spike in tourism as a result of the FIFA Women's World Cup matches for a few more months, Sessions said visitor-volume data already reveals that U.S. visitation is up 5.3 per cent in 2015 compared to last year.

In addition to U.S. soccer fans, Sessions said the World Cup is also drawing thousands of players, officials and fans from around the world, "all of whom are staying in Vancouver hotels, eating in Vancouver restaurants, shopping and sightseeing."

"The Women's World Cup is a truly global event in sport, and Vancouver is excited to be one of the six Canadian cities to host," she said in an email.

"The event will, once again, shine a spotlight on Vancouver as a world-leading sports tourism destination."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Piano program back for an encore

A girl plays a piano last summer. FACEBOOK/PIANOS ON THE STREETS

MUSIC

Second organization to place pianos in Vancouver

Emily Jackson
Metro | Vancouver

Aspiring pianists worried about having fewer public pianos on Vancouver's streets this summer will be relieved to know a second organization is also planning to provide instruments for communal playing.

For the second year, Pianos on the Streets, a project by Pacey's Pianos and the Piano Teachers Federation, will place at least three pianos in Vancouver and at least 18 across the Lower Mainland.

"It's really relevant to tell people how beautiful pianos are, that this is cool, this is better than an iPhone," Pacey's Pianos Sean Pacey said Tuesday. "They allow people to realize how beautiful music is, they foster the love of music."

Pacey's pianos are on top of at least four pianos to be placed by Keys to the Streets, a City Studio student project in its third year.

Last year Keys to the Streets placed 10 pianos in Vancouver, but it only has enough cash so far to place four this summer.

"At the end of the day I think it's cool that there are more pianos getting out in the city," said Aaron Tilston-Redican of Keys to the Streets. "I'm stoked they're getting their pianos out, as well."

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TRANSIT

Exec compensation drops at TransLink

Most executives at TransLink earned less money in 2014 than the previous year, the transportation authority announced Tuesday.

TransLink reported that its top executives earned 5.2 per cent less than they did in 2013, with executive vice-presidents and presidents of the bus and rail companies taking a pay cut after base salaries were frozen in 2013.

Former CEO Ian Jarvis, who has since been replaced but was paid severance, was the only high-ranking executive to take home more money in 2014. Jarvis earned a total of $483,625 in 2014, $15,610 more than his 2013 take home pay.

TransLink reported the drop in executive compensation as it announced $100 million in savings from cost cutting and reallocating bus service to the busiest routes. It released the financial information Tuesday in advance of its annual general meeting on June 26.

"We are exceedingly careful with the funding entrusted to us, and since 2010 we've kept expenditures below the rate of inflation without making cuts to overall service levels," CFO Cathy McLay said in a statement. (McLay took a $29,445 pay cut for total compensation of $354,460 in 2014.)

TransLink had three per cent fewer complaints in 2014 and customer satisfaction remained steady despite the chaotic SkyTrain disruptions last summer.

The results of the plebiscite on a transit tax to inject billions into the system are expected by July. Critics of the new tax have consistently taken TransLink to task for high executive compensation and concerns over how it manages money.

EMILY JACKSON/METRO

$100M

TransLink reported savings of $100 million through cost cutting and reallocating bus service.

IN BRIEF

Woman randomly attacked on Marine Drive: Police

Police are looking for witnesses after a young woman was hospitalized following an assault.

Shortly after 10 a.m. on Sunday, the 24-year-old was walking near the Shaughnessy Golf Course when a stranger allegedly attacked her.

Police are describing the attacker as male, between 40 and 50 years old with a heavy build, olive skin and shoulder-length dark hair. He also appeared dirty, police said.

Call police at 604-717-2541, or Crime Stoppers at 1-800-222-8477 with info.

METRO

Vancouver school board chairman resigns

The Non-Partisan Association chairman of the Vancouver School Board stepped down from his post on Monday night for "deeply personal reasons" after seven months.

Christopher Richardson said he will stay on as a trustee.

"The last six months have been challenging, yet exciting times as the board took decisive action to address chronic budgetary challenges and took steps to address essential seismic upgrades," Richardson said.

Green party trustee Janet Fraser is the interim chairwoman. METRO

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ROADS

Site seeks feedback on distracted driving

The provincial government began an online public engagement process on Tuesday to look at increasing penalties for distracted drivers.

Currently, the maximum fine for using a handheld electronic device stands at $167 and three penalty points.

The government notes this is currently the second-lowest maximum penalty in the country.

The Ministry of Justice also notes that last year, more than 55,000 tickets were handed out for distracted driving. That's up from about 53,000 in 2013.

"We've heard the calls that people want more protection from distracted drivers and we agree there's more work to be done," reads a statement from Attorney General Suzanne Anton.

NDP Justice Critic Mike Farnworth was critical of the government's decision to hold a public input process, and said stronger laws were required immediately.

> **The attorney general has been promising action for more than a year.**
> Mike Farnworth

"The attorney general has been promising action for more than a year, and now she's wasting another month on this website gimmick," a statement from Farnworth reads.

The public consultation period ends on July 16. The website for public input can be found at engage.gov.bc.ca/distracteddriving.

LIAM BRITTEN/METRO

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Photo from the Trip Advisor page for a West End hotel, the Carmana Plaza on Alberni Street. SCREENSHOT

Hotel gets 2nd chance

DEVELOPMENT

Site ran without correct permit for over 10 years

Emily Jackson
Metro | Vancouver

A West End hotel that has been operating without the correct permit for more than a decade is getting a second chance from the City of Vancouver to obtain the correct permit without a penalty.

The development permit board will decide next week whether to grant the Carmana Plaza at 1128 Alberni St. permission to switch 98 units from residential use to hotel use.

In May, the city told Metro it first realized the building was operating without proper permission in summer 2014.

Yet the hotel first applied to the city to convert the units in 2010 — an application that the city's development permit board rejected in order to protect rental housing units.

The hotel subsequently ignored the decision and continued operating as a hotel.

The city's head planner, Brian Jackson, said the city didn't receive a complaint until 2014.

"We don't go out and check on a daily basis … we only have so many resources to make sure people are following up," Jackson said.

When asked if the hotel has any incentive to obey the city if it once more refuses the conversion, Jackson said, "This time we will be monitoring them a lot more closely."

But the board seems less inclined to turn down the conversion despite the city's constant push for more rental units. Staff recommended the board approve the application to meet the need for hotel space.

Jackson said the city is concerned about rental units, but added the Downtown Vancouver Business Improvement Association and the Vancouver Economic Commission are concerned about the potential loss of hotel space due to high activity at the Convention Centre.

"We do try to provide a balance," he said.

IN BRIEF

Officers get promotions for riot-related service

Two senior Vancouver police officers who led the force through the 2011 Stanley Cup riots got major promotions Tuesday. Steve Rai, a member of the force since 1990, was promoted to deputy chief. Laurence Rankin, who joined the force in 1987, was promoted to superintendent from inspector.

EMILY JACKSON/METRO

Man, 28, suspected in string of robberies

Clothing, firearms and replica weapons seized at two homes in Abbotsford have led to the arrest of a man suspected in four bank robberies. Police said Briaden Rosch, 28, is accused of committing the heists in neighbouring Langley starting in April. Rosch is also suspected in 11 robberies in the Vancouver area, police said. THE CANADIAN PRESS

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IMPAIRED DRIVING

Tories introduce tougher DUI laws

Two years after they first made the commitment, the Conservatives are finally introducing a renewed crackdown on drunk drivers — but the new measures aren't about to become law any time soon.

As one of his final acts as justice minister, Peter MacKay on Tuesday introduced the Dangerous and Impaired Driving Act, a bill that reforms transportation-related offences including those relating to impaired driving.

"We are sending a strong signal to those who choose to drive impaired that this behaviour is not only unacceptable, but is also creating a serious risk to public safety and putting everyone on the road at risk," MacKay said.

The government says the many changes to the Criminal Code over the years to address the problem of impaired driving have also made the law more complex, making investigation, prosecution and sentencing more difficult.

So the new bill proposes to untangle that knot, laying out three impaired driving offences and four other transportation-related offences, including failing to stop after a collision and driving while prohibited.

The House of Commons is set to break for the summer within days and Parliament will soon be dissolved for the upcoming election, meaning the proposals are unlikely to become law until the next government is formed.

"We hope that the next government — if it's the same, great; whoever it is — will continue to endorse this because we are talking public safety and that's the bottom line," said Markita Kaulius, whose daughter was killed by a drunk driver in 2011.

Kaulius went on to start an advocacy organization that has been lobbying the government for four years for tougher penalties. THE CANADIAN PRESS

THE BILL

Once passed, the bill would also increase maximum penalties for impaired driving and introduce new mandatory jail time instead of fines for some offences.

Trudeau vows he'll 'restore democracy'

ELECTION

Liberal leader wants to change the way Canadians vote

Liberal Party Leader Justin Trudeau in Ottawa on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

Justin Trudeau wants this fall's vote to be the last federal election conducted under the first-past-the-post electoral system.

And, if the Liberal leader becomes prime minister, it may also be the last election in which Canadians can choose not to vote, as well as the last in which the only way to vote is by marking an X on a paper ballot.

Changing the way Canadians vote is just one element of a sweeping, 32-point plan to "restore democracy in Canada" that Trudeau announced Monday.

Some of the measures have been previously announced, such as strengthening access-to-information laws; empowering backbench MPs by allowing more free votes and beefing up legislative oversight by Commons committees; and ending partisanship in the scandal-plagued Senate.

Others are new or build upon previous commitments.

Perhaps the most ambitious promise, however, is Trudeau's vow to do away with first-past-the-post (FPTP) in time for the next election.

The current system badly distorts voters' choices, allowing a party to win the majority of seats in the House of Commons with less than 40 per cent of the vote, and delivering wildly different seat counts to parties that win similar shares.

Trudeau promised he'd introduce electoral reform legislation within 18 months of forming government. The legislation would be based on the recommendations of a special, all-party parliamentary committee mandated to study alternatives to first-past-the-post, including ranked ballots and proportional representation. THE CANADIAN PRESS

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The Donald seeks Republican nod to become The President

U.S. ELECTION

American dream will be back, iconic developer vows

Donald Trump might never be president of the United States — at least not judging by the mockery from Democrats and mournful tweets from some Republicans following his campaign launch Tuesday.

But he just might have succeeded in carving out a place in American political history, with one of the more unusual announcement speeches of any candidate.

After toying for years with the idea of a presidential run, the bombastic billionaire real-estate mogul, who says he has a net worth of $8.7 billion, announced his plan to seek the Republican nomination.

He proceeded to speak without notes for nearly an hour, during which he:

• **Insulted Mexicans:**

Trump promised to build a wall along the border and force Mexico to pay for it. "They are not our friend, believe me. They are killing us economically. The U.S. has become a dumping ground for everybody else's problems. When Mexico sends its people, they are not sending their best... They are bringing drugs. They are bringing crime, their rapists, and some I assume are good people."

• **Made bold promises:**

"I will be the greatest jobs president that God ever created, I tell you that. I'll bring back our jobs from China, Japan, Mexico, so many other places. And I'll bring back our money."

Supporters of real-estate developer Donald Trump, above right, line the lobby of Trump Tower in New York Tuesday. RICHARD DREW/THE ASSOCIATED PRESS PHOTOS

• **Drew sweeping conclusions from his Republican rivals' campaign launches, which he found lacking:**

"They didn't know the air conditioner didn't work. They sweated like dogs. They didn't know the room was too big... How are they gonna beat ISIS?"

His speech carried several dire comparisons of the U.S. to a "Third World country" because of crumbling infrastructure.

But he concluded on a positive note: "Sadly, the American dream is dead. But if I get elected president, I will bring it back — bigger, and better and stronger."

THE CANADIAN PRESS

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IN BRIEF

Putin issues reminder of Russia's military might

Russia's military this year will receive more than 40 new intercontinental ballistic missiles capable of piercing any missile defences, President Vladimir Putin said Tuesday at an arms show in Alabino, just west of Moscow.

Russia's relations with the West have plunged to their lowest point since Cold War times, over Moscow's annexation of Ukraine's Crimean Peninsula and support for a pro-Russia separatist insurgency in eastern Ukraine.

THE ASSOCIATED PRESS

TERRORISM

Powerful Yemeni Al-Qaida leader killed in U.S. airstrike

A U.S. airstrike has killed Al-Qaida's No. 2 leader, who commanded its powerful Yemeni affiliate, dealing the global network its biggest blow since the killing of Osama bin Laden and eliminating a charismatic leader at a time when it is vying with the Islamic State group for the mantle of global jihad.

Nasir al-Wahishi is the latest in a series of senior figures from al-Qaida's Yemen branch eliminated by U.S. drone strikes the past five months, including its top ideologue and a senior military commander.

The U.S. has intensified its campaign, trying to push back the group as it has captured new territory in Yemen by taking advantage of the southern Arabian nation's chronic chaos.

The U.S. activity against al-Qaida is also not limited to Yemen. Over the weekend, a U.S. airstrike in Libya targeted an al-Qaida-linked militant commander, Mokhtar Belmokhtar, who led a 2013 attack on an Algerian gas complex that killed 35 hostages including several Americans.

U.S. officials are still trying to confirm whether he was killed in the raid.

Al-Wahishi was a former aide to bin Laden who, after the al-Qaida affiliate in Saudi Arabia was crushed in the mid-2000s, rebuilt it in his homeland Yemen and turned it into the terror network's most dangerous branch.

The U.S. put a bounty of up to $10 million on al-Wahishi.

The Yemeni branch, known as al-Qaida in the Arabian Peninsula, claimed responsibility for January's attack on the French satirical magazine Charlie Hebdo that killed 12 people.

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More than 1 in 3 families at debt limit

POLL

Homeowners would face hard times with a 10% increase

Nearly half of Canadian homeowners are taking steps to cut their mortgage debt, but many would be in trouble if their monthly payments grew even slightly, a survey by Manulife Bank of Canada suggests.

Manulife says 18 per cent of homeowners made extra lumpsum payments towards their mortgages in the past year, while 17 per cent increased their regular payments. Another 5 per cent of respondents did both.

In total, 40 per cent of the homeowners polled made extra mortgage payments during the past year, while 60 per cent did not. The average amount was $6,300.

Manulife Bank of Canada's president and CEO Rick Lunny said it's encouraging that many homeowners are taking steps to reduce their mortgage debt.

However, the survey found more than a third of homeowners would face financial hardship if their mortgage payments increased by just 10 per cent.

"Having your payments go up 10 per cent sounds like a lot, but if you have a $200,000 mortgage and interest rates go up 1 per cent, that's a 10 per cent increase in your mortgage payments," Lunny said.

Manulife polled 2,372 Canadian homeowners in all provinces from Feb. 10-27. Respondents were all between the ages of 20 and 59 and had a minimum household income of $50,000.

The polling industry's professional body, the Marketing Research and Intelligence Association, said online surveys cannot be assigned a margin of error. THE CANADIAN PRESS

PARIS BOEING STRIKES BIG DEAL AT AIR SHOW Korean Air CEO Cho Yang-Ho and Boeing Commercial Airplanes president and CEO Ray Conner pose at the International Paris Airshow at Le Bourget. Boeing landed the biggest order of the show so far with a deal for 100 of its 737s yesterday. AFP/GETTY IMAGES

IN BRIEF

Toyota recalls 1.4M vehicles
Toyota is adding 1.4 million cars, trucks and SUVs to a growing recall for air bags that can explode with too much force. Vehicles added to the recall include the 2003 to 2007 Corolla and Matrix, 2005 and 2006 Tundra pickup, 2005 to 2007 Sequoia SUV and the 2003 to 2007 Lexus SC430 convertible. THE ASSOCIATED PRESS

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PRO CON

Is home-schooling a good idea?

YES: Home-schoolers are high achievers

Mom and dad make great teachers — and they're choosing to fill that role more than ever. A Fraser Institute study released Tuesday showed home-schooling grew 29 per cent in Canada from 2007 to 2012, while public school enrollment fell 2.5 per cent. The authors cited research suggesting home-schooled children score higher on academic tests, if they follow a structured program. The institute, which is conservative and favours parental choice, also pointed out that home-schooling saves governments $256 million each year.

NO: School is the best place to learn social skills

Many parents worry home-schooled kids miss out on the intangible benefits of going to school that are hard to capture in studies, such as learning how to make friends. Also, the evidence of home-schooling's academic benefits is scant — one Canadian study the Fraser Institute cites had only 74 participants. Another, though its sample size was in the thousands, involved home-schooling families who chose to participate and was authored by the president of the National Home Education Research Institute.

Science and society show gender is fluid

THE SCIENCE
Stephanie Orford

Until very recently, we thought about gender the way we think about signs on washroom doors. There are two options: male and female.

But at least since endocrinologist Harry Benjamin first published research about his transgender patients in the 1960s, scientists have observed that people have a range of gender identities.

"The notion ... that there are only two sexes has actually been frequently overturned in science," says Elizabeth Saewyc, a professor of nursing and adolescent medicine at UBC who leads the Stigma and Resilience Among Vulnerable Youth Centre at UBC. "There's a bit more of a continuum."

Now Canadians' awareness of gender variation is finally catching up with the science. As discussions about gender identity hit the mainstream, we need to make sure sensitivity and respect are always part of the conversation.

Many Canadians had a gender epiphany earlier this month when Caitlyn Jenner, formerly Bruce Jenner, pushed transgender issues into the mainstream with her Vanity Fair cover. Last week pop star Miley Cyrus revealed her fluid gender identity in an interview with Paper Magazine.

The conversation is rippling across the politics and policy worlds, too. An Ontario judge has ruled that a transgender child whose parents were fighting over her identity should be allowed to discover that identity for herself (she identifies as female).

On June 1, the Alberta Bill of Rights was amended to include the rights of Albertans to determine their own gender identity and express it as they please.

As many as one in 100 people have gender identities that are different from their biological sex at birth.

Many biological causes of transgender identity have been suggested, but none have been proven definitively. It's a highly complicated interplay of genes and environment, and many aspects are still unknown.

Scientists do know gender identity is deeply ingrained early in life, likely before birth, says Saewyc.

As we find out more and grapple with the rights, social norms and expectations around the many variations of gender identity, Canadians need to accept and embrace that variations — much like variations in sexual orientation — are natural, normal and can't be changed.

Many biological causes of transgender identity have been suggested, but none proven definitively. It's a highly complicated interplay of genes and environment.

"It's really important to recognize and celebrate the diversity of human gender and sex," says Saewyc. "For far too long we have, as societies across the world, discriminated and stigmatized against people who are outside the stereotypical binary."

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD
metroview

Real change, not just election reform, would inspire youth

You know what's great?

Two of the big three political parties are promising electoral reform, in a bid to combat voter apathy.

It's already part of the NDP's election platform. Yesterday, the Liberals said they'll replace our first-past-the-post system with a process more in line with the popular vote.

It's worth a try, given the Conservatives' majority is based on the support of just one-quarter of eligible voters (39 per cent of ballots cast).

But you know what would be better? A party that bothered to speak to young people.

They — we — are at the heart of the problem. Youth turnout has been nosediving since the 80s, dragging the overall rate with it. Only 38.8 per cent of people 18 to 24 voted in the last election (compared to 61.1 per cent overall). And, crucially, we're not becoming voters as we age.

This isn't a fringe issue for Canadians. Our democracy is suffering. Politicians can get what they want no matter how few of us vote. We can't say the same.

And it's not a problem of engagement. As UBC politics professor Max Cameron told me, "Young people have an enormous vocation for public service and a great interest in public affairs, but very few express that in terms of partisan politics."

That's because partisan politics ignores us.

Liberal Leader Justin Trudeau cares so deeply about the middle class, it's all he seems to talk about. And just yesterday NDP Leader Thomas Mulcair gave his own speech claiming dedication to the middle class. Whoever they may imagine belongs to this class, it's not young people.

Politicians flick at the youth unemployment rate and believe that — just by acknowledging it's abysmal — we trust them to fix it. We don't. Same goes for climate change. Any plans to dramatically reduce tuition fees, by chance? Or rent costs?

No, the political parties aren't all the same, but they seem more like soda brands fighting for market share than alternate visions of how to organize society, as Cameron told me. Will the next government shift us away from oil production or close the wage gap, end the war on drugs or even dramatically shrink the public service?

As much as I scorn the word disruptive, I could use some disruptive politics — say, the opportunity to elect someone other than a white man, seeing as, you know, we're not all white men.

So, thanks for the election reforms, guys. But I'll be shocked if they inspire young Canadians who don't vote and may never.

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metro LIFE

Your essential daily news

Drake, Buffy Sainte-Marie among nominees for Polaris Music Prize

Unshaven armpits all the rage

PERSONAL GROOMING

Women take on mainstream beauty standards with natural look

On social media and red carpets, from New York to China, hairy underarms are having a mainstream moment.

Women are proudly showing off their growth on Instagram and YouTube, and it's not just Miley Cyrus anymore. Jemima Kirke of Girls flashed her fair-colored au naturel look — earning some cringes — at the June 1 CFDA awards, one of the top fashion events of the year.

On Sina Weibo, a popular microblogging site in China, the women's rights activist known as Xiao Meili held an Armpit Hair Competition to protest societal pressure on women to shave under there.

Her effort earned more than 1.7 million hits.

Katherine Anne True. KATHERINE ANNE TRUE VIA THE ASSOCIATED PRESS

"In the past two decades, there have been a lot of commercials and advertising for hair removal cream and laser removal of hair that have talked about women needing to shave their underarm hair," said the 25-year-old Xiao, whose real name is Xiao Yue.

"My mother's generation didn't care about that, but now it has become a headache for women in the summer as they have to consider whether to shave that area or not," she said.

Love it or hate it, not shaving under the arms has morphed into a call to action for other women as well who are looking to be free of the constraint or choose for themselves without ridicule.

Mom Katherine Anne True, a registered nurse in Raynham, Mass., recently showed off her underarm growth on Instagram.

"I started it a few months ago before I knew it was a trend," said True, 30.

At first, it was just for fun. Then the extra hair was met by cringes from her five-year-old daughter and nine-year-old niece.

"When the girls told me I '(had) to shave those' and were grossed out it was kind of startling that these gender stereotypes were already so ingrained at these ages," True said. "I do it, or rather don't do it, for me but also as a reminder to my daughter that it's up to the individual what we decide to do with our bodies."

Some celebrities have been sporting armpit hair forever. Julia Roberts sported the grown-out look in 1999 at the London premiere of Notting Hill.

Angelique Serrano, beauty director for InStyle magazine, said there's clearly no one right way to approach the pits, on feminist, beauty or hygiene grounds. The magazine offered a tutorial on its website late last year on how to achieve neon Rainbow Brite tints with bleach and Manic Panic dye after the hashtag #dyedpits popped up on Twitter and Instagram.

"With the help of social media, the conversation is reaching a new level," she said. "People are sharing their personal choices in a public way."

THE ASSOCIATED PRESS

BODY HAIR CHOICES

Expression of identity is the key

Maria Del Russo, a beauty editor for the millennial-focused fashion, style and beauty site Refinery29, said expression of identity is key in the mix. If there's any statement to be made, she said, it's this: "What one woman decides to do with her body hair is her business, and hers alone. For plenty of women, it's just hair."

Jemima Kirke arrives at the 2015 CFDA Fashion Awards. EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS FILE

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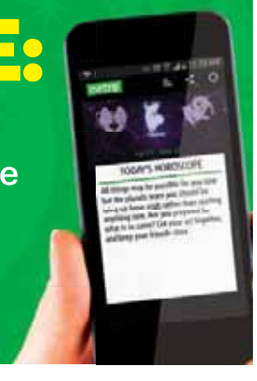

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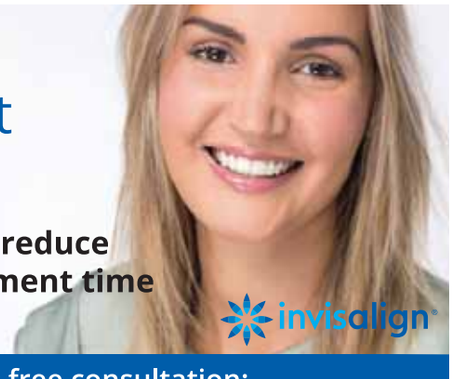

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Chef Julian Clauss-Ehlers' Roasted Beets and Goat Cheese.
CONTRIBUTED

A fresh start to the summer beet wave

ROOT FOR IT

Beets are this season's star ingredient

Summer is more or less here, depending on the week. And as great as it's been to change from soups and roasts to lighter fare, most of us need something more than a bowl of lettuce to get by. Spring brought with it a whole new collage of root vegetables, especially beets, that make for an easy transition.

At the new Trattoria Bianca restaurant near Penn Station in New York City, executive chef Julian Clauss-Ehlers is serving a roasted beet and goat cheese dish that just bursts with freshness. "The creamy texture of the goat cheese complements the earthy flavours of the beets — it's a classic combination," he tells us.

Beets can be a hard sell though, with many home cooks either serving them raw or sugared and pulverized beyond recognition. But Clauss-Ehlers's recipe calls for gently baking the beetroot, which "keeps it tender and helps keep the shape," he explains.

Eat beets now, while they're in season, to get the most flavour out of the heart-health-boosting veggie, which also has potassium for your muscles and antioxidants.

EVA KIS/METRO IN NEW YORK

> **The creamy texture of the goat cheese complements the earthy flavours of the beets — it's a classic combination.**
> Executive chef Julian Clauss-Ehlers

ROASTED BEETS WITH GOAT CHEESE

Ingredients for the beets:
- 3 large red beets, peeled and sliced very thin
- zest and juice of 1 orange
- zest and juice of one lemon
- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1/2 cup water
- a sprig of fresh thyme

Directions: Carefully mix all ingredients, including the beets. Place everything in a baking dish, cover with aluminum foil and cook in the oven at 300 degrees until the beets are soft, about 1 to 2 hours. Remove from the oven and allow to cool.

Ingredients for the cheese:
- 8 oz. creamy goat cheese, lightly whipped
- 1 fennel bulb, finely shaved
- 1 pear, cut into fine strips
- 1/4 cup whole pistachios, lightly roasted and chopped
- Handful baby arugula
- Kosher salt
- Fresh ground pepper
- Extra virgin olive oil
- Balsamic vinegar

Directions: In a salad bowl add the arugula, fennel, half the goat cheese, half the pistachios and half the pear. Lightly season with salt, pepper, olive oil and vinegar, then lightly toss.

Spread the remaining goat cheese in the middle of four 10-inch plates. Cover the goat cheese with three slices of beet. Divide the mixed salad onto the center of each plate, then lay the sliced beet around the outside.

Top the salad with the remaining pear strips and finish with fronds of fennel, sprinkle the rest of the pistachios around the plate and drizzle the beets with a little olive oil. Serves four.

EVA KIS/METRO NEWS

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Father's Day grub he won't snub

QUICK FIX TESTOSTERONE

Boost dad's manliness with these vitamin-rich delights

In a recent survey about gifts for Father's Day, one third of dads polled said they don't want a gift on June 21 — they just want to spend quality time with the family.

Cooking together is one way to do it, so here are the top three foods he needs to satisfy that hormone called testosterone.

These foods contain three key nutrients: zinc, protein and vitamin D to help build the critical hormone. The other items that the research points to for healthy T are a reduction of unhealthy weight and excess sugar as well as an increase in muscle-building activity. But don't pester him on Father's Day; just pass him these great guy foods:

Foods that are high in protein, zinc and vitamin D are sure-fire hits for dad this Father's Day. ISTOCK

Grass fed beef
High in protein and zinc and lower in the saturated fats that can interfere with hormone regulation. Let him build the fire (ok, light the BBQ) and grill it like the hunter he is at heart.

Shrimp
Containing vitamin D and omega 3 fats, these babies go on the grill right next to the beef and scream man food. Be sure you check the source of such shrimp, though. Marine Stewardship Council Certified (look for the MSC blue logo) is critical.

Pumpkin seeds
Loaded with Zinc and Magnesium to support his muscles that support his manliness, these green pepitas are easy to sneak in. Use them in place of croutons in your Caesar Salad and call it a good Father's Day.

Theresa is a food and health expert and nutritionist who loves to spread the word on food.

CALORIE COUNTING

Google adds the pounds

A new Google feature launched Tuesday displays the nutritional values of popular fast foods as part of a web search.

To check exactly how much fat or protein is in a Big Mac or a Whopper simply type "Big Mac Calories" and Google will display the answer – 563 calories for one burger – alongside a full nutritional breakdown of the item in question. Or, if accessing search via Google Now on an Android device, just ask the question for the same results.

The feature isn't limited to McDonald's and Burger King; Google says that the menus for many "popular restaurant chains" are also included. Nor is a search limited to a single item. A whole menu can be viewed so that a meal can be chosen based on its nutritional content.

Earlier this year, Google quietly began floating a new machine vision-based app called Im2Calories, which estimates the number of calories in a meal immediately after a user photographs it. AFP

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Can't stand the heat? Get out of the kitchen

PIZZA OVENS

Old-fashioned 'technology' is the newest cooking trend

Backyard pizza ovens are hot, hot, hot.

Besides being designed to reach "optimal" cooking temperatures upward of 425 to 540 C (800 to 1,000 F), demand has grown "exponentially" since Allan Ham started selling the ovens five years ago.

Propane and gas-fuelled variations on traditional ovens are carried by major retailers.

Some homebuilders are including this old-fashioned, wood-fired "technology" in high-end, indoor kitchens, says Ham, owner of Outdoor Pizza Ovens in Shanty Bay, Ont., near Barrie.

Although the construction materials are better today, the classic ovens have changed little in centuries — a stone hearth covered by a stone-lined dome with a chimney. There is insulation behind the stone and the outside can be stucco, brick or mosaic tile.

But the traditional wood-fired ovens, with cooking surfaces from 12 to 44 inches or larger, don't come cheap. Even medium-sized ready-made units start at more than $2,000 and the largest, most elaborate ones can be closer to $9,000 (shipping and stands not necessarily included).

Ham sees potential in a Finnish-inspired product that's not much bigger than a suitcase, sits on a picnic table, uses wood pellets as fuel and heats to more than 425 C (800 F) in 10 minutes. It costs $400.

About half his buyers buy kits to build their own, but even those run from about $1,200 to $5,000.

So why invest thousands of dollars to return to a form of cooking that's been around for millennia?

"I think we're all drawn to fire," Ham says. "It's in our DNA. The oven door's open all the time and you see the fire and you see your food cooking right before your eyes. ...

"And ultimately it's the taste of the food" and the wood smoke that gives even familiar dishes a new flavour.

There are two basic kinds of wood-fired outdoor ovens.

In a "black oven," the wood burns on the stone floor. Depending on the oven's size and quality of the wood, it takes 45 to 90 minutes to heat the oven to optimal temperature, Ham says.

Although often called "pizza ovens," black ovens can be used as smokers and to bake, roast and grill. You can set a grate inside and cook over the coals as you would on a barbecue or brush the wood and ash aside and cook directly on the hearth.

It retains the heat so well that an oven heated to optimal temperature in the evening will still have an internal temperature of 180 or 200 C (350 to 400 F) the next morning — enough to bake bread.

THE CANADIAN PRESS

THINGS TO KNOW

- Outdoor pizza ovens must meet CSA/UL certification standards, but care is required for all appliances.
- The recommended fuel is dry hardwood.
- Cast-iron or clay pots and skillets are best in high temperatures.
- Required maintenance is very low because there are no moving parts (except maybe doors) on many pizza ovens.

Two wood-fired pizza ovens from Forno Bravo of California are good examples of the growing backyard pizza oven trend.

THE CANADIAN PRESS

Ingredients for a salad made with warm broccolini and halloumi are shown with the new cookbook Salmagundi: A Celebration of Salads from around the World. TORSTAR NEWS SERVICE

Global ways to salad-eating days

SUMMER EATING

British blogger gathers best of world's salads

Salmagundi is a grand, plated, multi-ingredient salad from 17th century England.

A new British cookbook by the same name includes an ancient recipe for it with lettuce, chicken, anchovies, lemon, eggs, onions, scalded grapes and edible flowers.

The rest of the book skips from Indonesian gado gado and Turkish bulgur and tomato salad, to patacas bravas salad from Spain and the globally trendy quinoa with garlicky eggplants.

The book: Salmagundi: A Celebration of Salads from around the World by Sally Butcher offers 150 "archaic, traditional, staple and funky" recipes. Fourteen chapters include herbs and leaves, cheese, meat and salads for desserts.

The author: Sally Butcher runs a Persian food store called Persepolis in London with her Persian husband Jamshid. She has written several cookbooks, and blogs at Veggiestan.com.

The recipe: Butcher eats this once or twice a week since shopkeepers like her eat a lot of salads that start out as hot meals and cool to room temperature as they tend to customers.

Warm Halloumi + Broccolini Salad

Trendy halloumi, with its squeaky texture and high melting point, shines in this quick lunch or dinner salad. Broccolini is a green vegetable that looks like broccoli, but with longer, thinner stalks and smaller florets. It's in most supermarkets, but use broccoli if you can't find it. Adapted. Makes 1 serving.

Ingredients:

- Splash olive oil
- 1/2 bunch broccolini, trimmed
- 3 slices halloumi, cubed (about 3 oz./85 g)
- 5 cherry or grape tomatoes, halved
- 1 tbsp (15 mL) balsamic vinegar
- 1/2 tsp (2 mL) mint sauce
- Freshly ground black pepper

Directions:

1. In medium, non-stick skillet, heat oil over medium-high. Add broccolini. Cook 3 minutes, turning, until lightly browned or charred. Add halloumi. Cook 30 seconds per side until lightly browned, reducing heat if needed. Add tomatoes. Cook 1 minute.

2. Remove pan from heat. Stir in vinegar and mint sauce. Season with pepper. TORSTAR NEWS SERVICE

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Running in heels with dinosaurs

JURASSIC WORLD

Bryce Dallas Howard talks ankle-specific exercises

Ned Ehrbar
Metro | Life

Actors pick up all sorts of new skills when working on big movies, but one area of expertise Bryce Dallas Howard never expected to master on the job is ankle health. But when your character spends the entire movie in a set of rather nice-looking high heels and you're being chased by killer dinosaurs, these things become important.

What are your memories from seeing the first film?
It's one of those experiences where I was so impressionable, and it was just such a vivid experience. I left remembering every single second of it. It was just a crazy-good movie. That film is genius. So yeah, I remember everything. I was making jokes with Chris before we started that I needed to bring back the high-waisted khaki shorts that Laura Dern made popular with Jurassic Park.

Your running in heels in this was very impressive.
I was obsessive with making sure that I didn't get injured. At this point, I know so much about the fitness of ankles. (laughs) It's completely disproportionate with overall fitness, which is really funny because I remember about half-way through I thought to myself, 'Man, my ankles are so strong. Should I be working out other parts of my body for a major motion picture? Hmm. It's all about the ankles. I loved that we kind of landed in this place where it was right for the character to have her heels on the whole time.

> **I loved that we kind of landed in this place where it was right for the character to have her heels on the whole time.**
> Bryce Dallas Howard

How do you pick up ankle-specific exercises?
I was really lucky because my driver turned out to be a UFC winner, this guy Pete Williams — just an incredible athlete. And he was the one who actually taught me all these balance and ankle exercises, because in mixed martial arts you have to really take care of your feet and you have to be able to balance.

Your character gets a great arc to play over this, which sadly isn't too common for big action movies.
One of the things Colin always said on set was that this movie has to work without the dinosaurs, and that was something that was always top of mind. I met him in March of 2013 over Skype. He told me so much of the story — I couldn't even believe it when it was happening, like I'm not even cast in this movie yet and he's telling me so much of it, I can't believe he trusts me — and then a month later he called me and said, "I'm at the top of a mountain in Hawaii, I was thinking about you. We've all talked about you, Bryce, and when we Skyped together you felt like family. We'd like to invite you into the Jurassic World family." I mean, I said yes on the spot. But there was no script until September. He described this character to me who really goes on this journey. At first she's incredibly unlikable and by the end of the film she's heroic, and I just kept questioning whether that was even possible.

Bryce Dallas Howard stars as operations manager Claire in Jurassic World. COURTESY

Nice work if you can get it.
And then! And then Chris Pratt gets cast. Could it get any better?

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St. Vincent tames Cara's wild ways

#STCARA

Busy model is ready to settle down with singer: Source

Emily Laurence
Metro | New York City

Model Cara Delevingne has famously dated Harry Styles and Michelle Rodriguez, but it's none other than St. Vincent singer Annie Clark who has turned the upcoming Paper Towns actress from party girl to domestic partner.

A source close to the couple allegedly tells Closer magazine that the couple are "so in love" with each other and are living together in easy domestic bliss.

"They both say they feel like they've found The One," the source says. "When Annie asked Cara to move in together, she said yes immediately. They feel real settled at the moment."

Delevingne is at a pivotal moment in her modelling and acting career.

Fresh from jointly promoting Burberry, the British model teamed up again with Kate Moss to lead Mango's fall/winter 2015 ad campaign.

Called #somethingincommon, the campaign, which will be Moss's third for the fashion brand, was shot in Toronto.

She also stars in the upcoming Paper Towns, showing off her acting chops and a decent American accent in the film based on the novel by John Green (who also penned The Fault in Our Stars).

But even Delevingne's busy schedule can't keep her apart from Clark. The source goes on to say that neither one of them hesitates to jump on a plane, even if it's just for a few hours of time together. Team #StCara for the win!

Cara Delevingne and Annie Clark, seen here in Cannes last month, are said to be going strong. ALL PHOTOS GETTY IMAGES

IMPROMPTU DUET GOES VIRAL

Sheeran surprises at Edmonton mall

A budding young pop singer says she got the surprise of her life from one of the world's biggest pop stars while performing at one of the world's largest shopping malls this weekend.

Sydney Bourbeau was halfway through covering Ed Sheeran's Thinking Out Loud at West Edmonton Mall on Sunday when Sheeran himself, who just happened to be at a nearby music store, hopped on stage and helped her.

The 13-year-old Grade 8 student says she initially thought Sheeran, who was wearing thick-rimmed glasses and a plaid shirt, was a stage hand coming to help her with the microphone stand.

With the crowd roaring its approval, Sheeran and Sydney shared the mic for a verse and a chorus. Then, giving Bourbeau a hug, the British megastar was gone as quickly as he arrived, allowing the youngster to finish up.

Sydney was performing at the mall as part of a concert to mark the end of a fundraiser for the Humane Society hosted by her music school Resonate.

She says Sheeran's manager got in touch with her later that day to offer her tickets to Sheeran's show in Edmonton that night. He sent her a message again during the show asking her if she wanted to come backstage, but she didn't see that one until after she was already home.

Still, she says the encounter, which has been posted by a handful of different people on social media, made her pretty popular at school on Monday.

THE CANADIAN PRESS

BREAKING BAD

Aaron Paul punks fans

Breaking Bad star Aaron Paul apparently wants to use his fame and social media moxie for evil, not good. He recently teased fans in a Periscope video about a Breaking Bad spin-off chronicling the exploits of his character, Jesse Pinkman, after leaving Albuquerque. "Listen, there's some super top-secret news that I am so proud to tell all of you. It's very exciting," he offered.

Except that it was all a joke. And fans got so worked up after it that he had to tweet an apology: "Sorry for the joke, everybody." Not cool, Pinkman. Not cool. NED EHRBAR/METRO IN HOLLYWOOD

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Features pack Lexus NX 300h

ROAD TESTED

JIL McINTOSH/FOR METRO

REVIEW

Compact SUV could be more fun to drive, though

Jil McIntosh
For Metro

Toyota was the first automaker to launch a hybrid, and over the years, it has used that technology in a number of Toyota and Lexus vehicles. Many of them are very good, but it falls a little short in the Lexus NX 300h, its all-new compact SUV.

You can get the NX with a conventional turbocharged 2.0-litre engine, while the 300h uses a 2.5-litre four-cylinder with electric motor and storage battery. The system automatically runs on gasoline, electricity, or a combination of the two, depending on what's needed. The system recharges the battery itself, and you don't plug it in.

> **Steering is mushy, the brakes are grabby**

The regular NX 200t starts at $41,450 and has five trim levels, but the 300h hybrid comes in a single, fully loaded, all-wheel-drive model for $59,450.

The styling is edgy, and Lexus says it's the company's first hybrid with a kick-down function when you want a burst of acceleration. But while I went in expecting at least some sporty performance because of that, I was disappointed. The steering is mushy, the brakes are grabby, and the engine drones. The only real payoff was an average of 6.6 L/100 kilometres in combined driving, which turned out to be better than the published numbers, and on regular-grade fuel.

The interior is all quality materials and stitched leather, but I had some issues here, as well. You use a touchscreen on the centre console to operate the infotainment system, but it's too sensitive and I had trouble hitting the icons, especially on uneven roads. There's a storage cover behind the wrist support that's topped with a removable cover. Flip it over, and it's a mirror. It's a nice idea in theory, I suppose, but I'm just seeing something that's easily broken or lost.

The NX 300h does include a lot of features, such as adaptive cruise control, lane departure alert, power tilt and telescopic wheel, power-folding rear seats, ventilated front seats, head-up display, and wireless phone charging. But for the money, I expected something that would be a lot more fun to drive. The company may be known for hybrids, but even the leaders don't always get it right.

THE CHECKLIST | 2015 LEXUS NX 300H

THE BASICS

Type. Four-door, five-passenger compact hybrid SUV.
Engine (hp). 2.5-litre I4 with hybrid system (154 gas only, 194 gas/electric).
Transmission. Continuously variable (CVT).
Price. $59,450 (as tested), plus destination.

JIL McINTOSH/FOR METRO

COOL FEATURES

- Heated and ventilated front seats.
- Power-folding rear seats.
- Heated steering wheel.
- Head-up display.
- Touchpad infotainment control.
- Adaptive cruise control.
- Power liftgate.

POINTS

- The NX 300h slots under the company's larger and deservedly popular RX hybrid. Lexus makes a total of six different hybrid cars and SUVs.
- The non-hybrid NX 200t starts at $41,450 and goes to $53,550.

MARKET POSITION

- The compact hybrid SUV segment is a very slim one, and the NX 300h really has only Infiniti as a competitor. There aren't many hybrid SUVs overall, but most are larger and pricier than the NX.

THE COMPETITION

Infiniti QX60 Hybrid
Base price: $54,900

Lexus RX 450h
Base price: $63,250

Porsche Cayenne S E-Hybrid
Base price: $87,700

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Aston Martin taps emerging markets

CONCEPT CARS

DBX blends luxury, height

Luxury sportscar maker Aston Martin is combining the body of a grand touring automobile with the taller ride height and all wheel-drive system of an off-roader with its DBX concept car (right). The car's design addresses buyers in emerging markets, such as China and Russia, where poor road conditions make living with a low-slung sports car more of an ordeal than a pleasurable experience.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

TEXT AND IMAGES BY WHEELBASE MEDIA

E-CARS

3D printer helps make prototype

StreetScooter has unveiled its largely 3D-printed C16 electric prototype (right). Printed parts of the car include its front and back panels, door panels, bumpers, side skirts, wheel arches, lamp covers and some small interior parts. Though many parts of the production C16 will be built using more conventional methods, 3D printing allowed the prototype to be built inexpensively, and within one year.

IN BRIEF

Chargemaster reaches 1-million milestone

• Electric-vehicle recharger developer Chargemaster has recorded 1 million vehicle charges using its British network of charging points, providing about 9.5 million kilowatt hours of electricity since September 2012. The provider of EV charging infrastructure recently installed its 10,000th public and commercial charging point.

Plastic helps make engine cylinder blocks

• Industrial manufacturer Fraunhofer is developing ways to build engine cylinder blocks composed partly of plastic. The company has created a one-cylinder experimental engine using fibre-reinforced plastic that weighs about 20 per cent less than the equivalent aluminum component, "and costs the same."

ENERGY

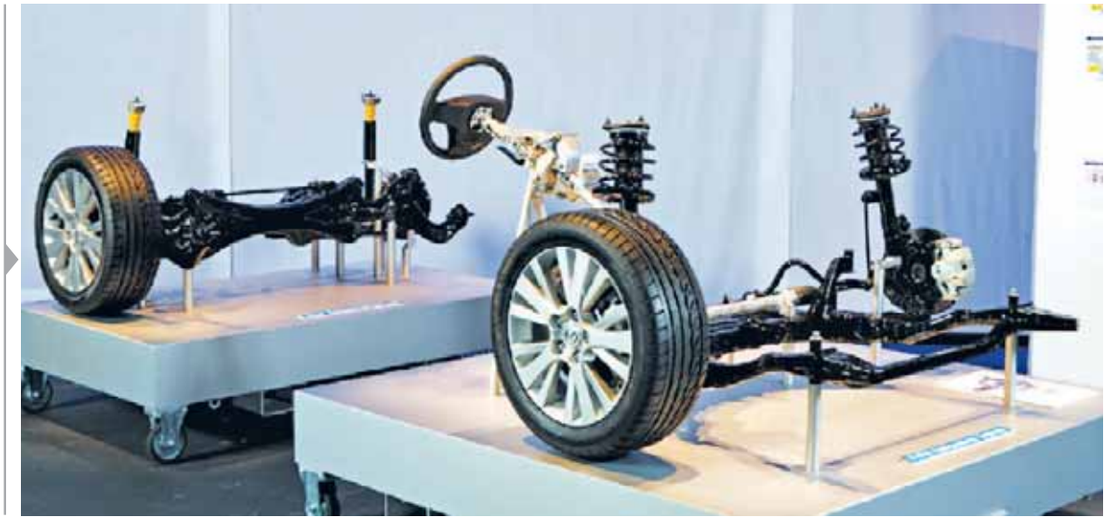
Fossil fuel use to stop: Musk

Tesla founder and CEO Elon Musk said he thinks the time will come when energy collection and storage for home, business and industrial use replaces the burning of fossil fuels. The process will take "a long time," though, and how it tracks between now and then "is difficult to predict." New battery technology to power electric cars, such as the Chevrolet Volt battery (left), could also mean new ways to power homes without fossil fuels. Musk also acknowledged energy storage might become "a better market than automotive," but that, too, will take time to determine. "It would be good to get a couple of quarters of experience" with storage-pack demand and production. After that time, "our degree of uncertainty will diminish significantly — it's super-speculative at this point."

PARTNERSHIP

Mazda, Toyota to boost tech

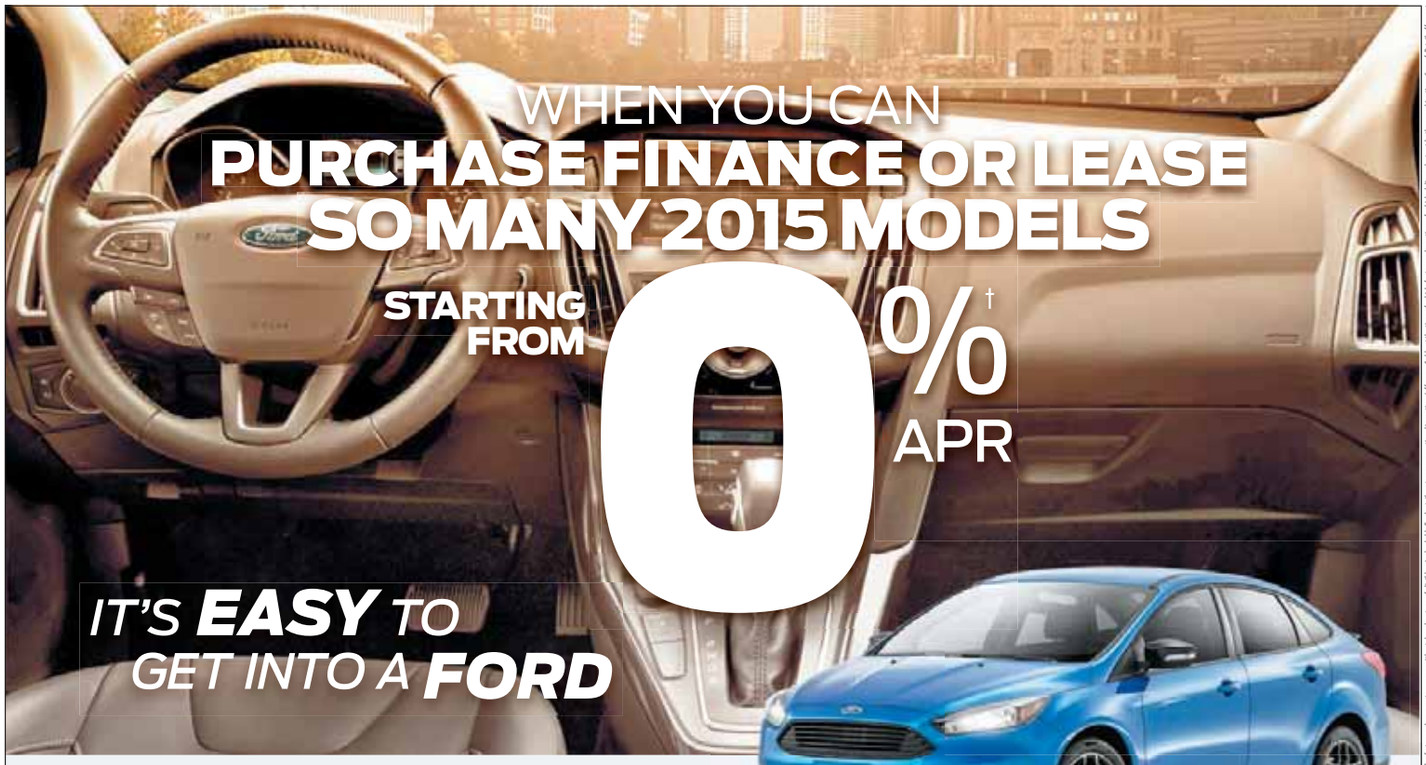
Improving existing environmental and safety technologies and developing new ones are the goals of a new joint collaboration between Mazda and Toyota. Announcing the agreement, Toyota president Akio Toyoda paid tribute to Mazda's SkyActiv lightweight-vehicle technologies and efficient designs (right), saying Mazda has proven "it always thinks of what is coming next," while staying true to its car-making roots. Mazda president Masamichi Kogai professed "tremendous respect" for Toyota's pursuit of ever-better cars through innovation.



RECYCLING

Used battery packs power Yellowstone buffalo ranch

Twenty-eight used Toyota Camry Hybrid battery packs recovered from Toyota dealers are now storing energy generated from solar panels at the Lamar Buffalo Ranch field campus within Yellowstone National Park in Wyoming. Noting that battery energy storage capacity diminishes over time — to the point where packs are no longer suitable for use in cars — they often still have enough usable capacity for other uses, reported the Green Car Reports Web site.



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Avalon looks like a solid buy

USED VEHICLE

Electronic issues may dog 2004-2012 models

The Toyota Avalon takes a place above the Camry in the automaker's product lineup as a big, sophisticated luxury cruiser with a relatively simple goal: delivering an affordable taste of the motoring high life to its owners.

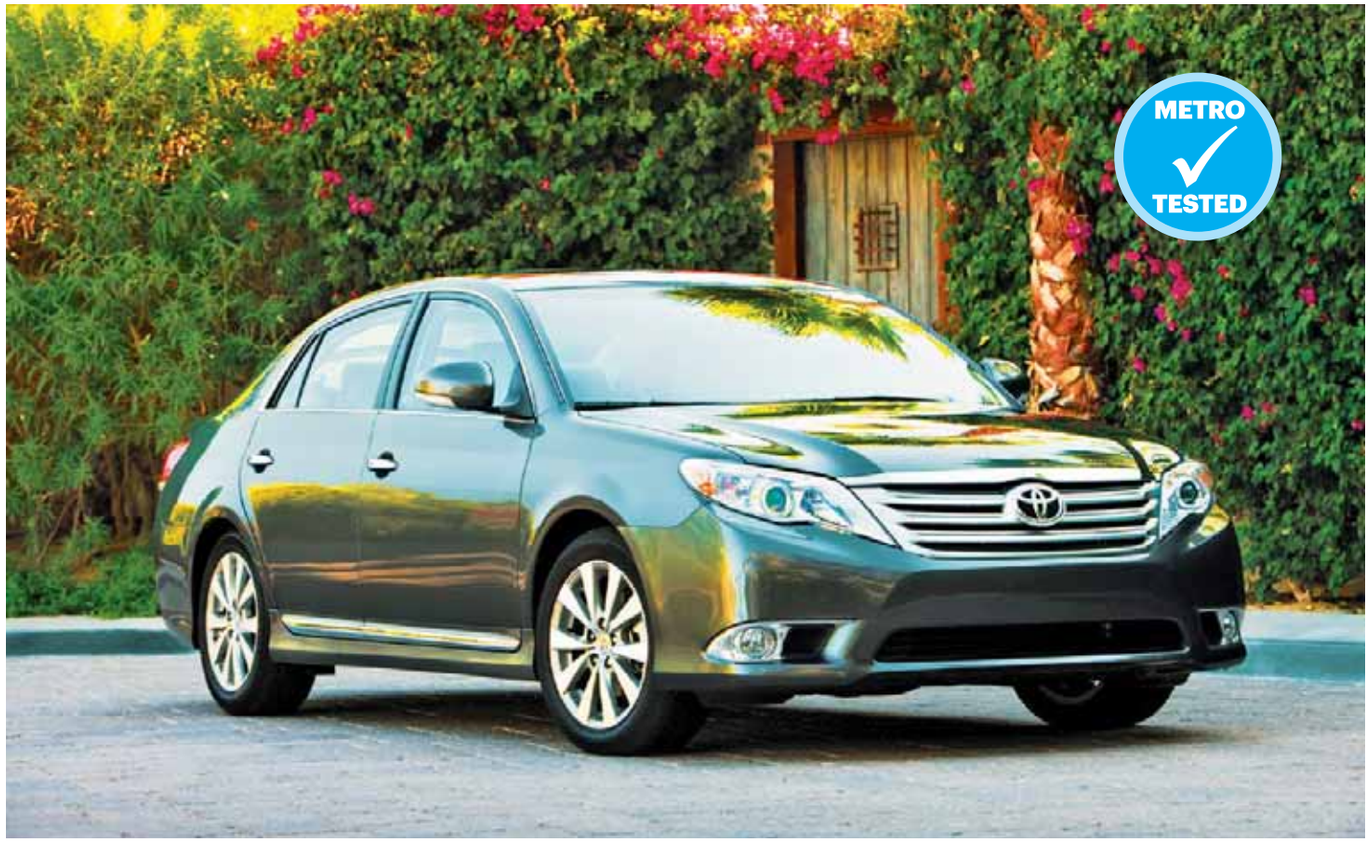
Avalon seems, largely, to have impressed its owners with reliable and trouble-free operation, though a few checks of any used unit you're contemplating should be considered mandatory.

Some owners reported frustrating and hard-to-track issues with some of Avalon's interior electronics. Extra attention is advised for the navigation system, climate controls, all cluster lights and the audio system.

Pair your Bluetooth phone, set a navigation destination, try all of the steering-wheel mounted controls and fiddle with the climate system for a few minutes, to be safe.

Shoppers of 2004 to 2012 models should also pay attention to Avalon's front end, noting any pulling or vibrating through the steering wheel that could indicate an alignment issue. Note any abnormal tire wear that's heavier on the inside or outside of the treads, which could indicate an alignment problem, too.

Listen for popping or clunking noises from the front and rear of the vehicle as you travel over rough roads at a variety of speeds. Unwelcome sounds could indicate a worn-out or damaged suspension component that will require some attention. JUSTIN PRITCHARD



Features

In the used marketplace, the Avalon will offer up hardware such as a CD changer, JBL audio system, self-dimming rear-view mirror, a sunroof, heated leather seats, in-cabin air filtration, navigation, Bluetooth and automatic climate control. Expect plenty of room to cruise in comfort with four or five adults.

Engines

All models received a 3.5-litre V6, making between 268 and 280 depending on the year. A five or six-speed automatic transmission was standard.

What owners like

Owners on the internet tend to rave about the roominess, comfort, luxury and quality imparted by the Avalon driving experience. The up-level audio system is said to deliver a noteworthy listening experience, too.

What owners dislike

Numerous complaints surfaced in online Avalon owner circles about the navigation system, occasional clumsy or harsh gear shifting, and bland cabin and body styling.

The verdict

Most Avalon owners have enjoyed largely trouble-free operation and plenty of confident kilometres from their machines. If the used unit you're considering doesn't exhibit any potential issues upon inspection by a trained mechanic, purchase confidently and expect a laid-back driving experience well suited to long-haul travels.

IN BRIEF

How much for that bike? Honda has officially unveiled the RC213V-S bike, which is literally a road-legal version of the RC213V — that's the bike that won the 2013 and 2014 MotoGP World Championships. However, surprise surrounding the new bike is due to the asking price — about $260,000 CDN. That price includes an optional racing kit for improving pretty much everything, but is only for on-track use. AFP

PARTNERSHIP

Daimler, Bosh tackle self-parking car service

Mercedes-Benz parent company Daimler is set to begin working in partnership with Bosch on the development of a new smartphone app-controlled system that would enable a car to drop off its driver and passengers then autonomously locate and manoeuvre into an available parking bay.

The system, which will require cameras and sensors to be installed in car parks, will initially be integrated into car2go's vehicle fleet.

Car2go is Daimler's car-sharing service and one that relies heavily on smartphone apps and connectivity as a means of allowing customers to book and pay for car use — making it the perfect test environment.

"Our customers are always the centre of attention and all of our actions are oriented towards them. In future the car will even go to them," explains Prof. Dr. Thomas Weber, member of the board, Daimler AG, responsible for group research and Mercedes-Benz cars development.

"In collaboration with our partner Bosch and our mobility service car2go, we are developing and testing an infrastructure-based solution for a fully automated valet parking service," Weber says.

Technology involved

Existing park assist, intelligent cruise control and autonomous breaking technologies available on a host of premium sedans, the Mercedes-Benz S Class included, are sufficient when working in unison for a car to be able to manoeuvre itself into a garage, a road-side space or into a parking bay in an outdoor parking lot without an accident.

However, identifying an empty space within an indoor, multi-storey parking lot, navigating to it and driving into it isn't possible unless the parking structure itself is as connected as the cars within it. This is where Bosch comes in.

When the partnership is officially ratified on July 8, Bosch will be charged with developing the intelligent infrastructure components, such as cameras and parking bay sensors, needed so cars can see the layout of a car park as clearly as a human driver.

"Fully automated parking will be ready for mass-production before fully automated driving," says Dr. Dirk Hoheisel, member of the board of management, Bosch.

"Low driving speeds and the information from the car park infrastructure enable a fast implementation," says Hoheisel. AFP

Honda CHECKERED FLAG EVENT

Lease a new **2015 CR-V** from $70*

weekly and $0 down‡

2015 CR-V

LEASE FOR $70*

1.99% APR# **$0 down‡**

Weekly on a 60 month term with 260 payments.
MSRP **$27,685**** includes freight and PDI.
Model shown: RM3H3FES

Standard features include:

- Earth Dreams™ technology powertrain
- Multi-angle rearview camera
- Heated front seats

2015 ODYSSEY

LEASE FOR $86*

1.99% APR# **$0 down‡**

Weekly on a 60 month term with 260 payments.
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Model shown: RL5H2FE

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- Multi-angle rearview camera

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$5,000†

Cash purchase incentive on EVERY 2015 model

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Model shown: YF3H2FE

Features available on select models include:

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- Multi-angle rearview camera
- Fuel efficient Variable Cylinder Management® engine

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†$5,000 Honda cash purchase incentive is available on every 2015 Pilot model. Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. *Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. #The weekly lease offer applies to a new 2015 CR-V LX 2WD model RM3H3FES/Odyssey LX model RL5H2FE ("Specified Models") for a 60-month period, for a total of 260 payments of $69.88/$85.58 leased at 1.99%/1.99% APR based on applying $400/$0 "lease dollars" (which are deducted from the negotiated selling price before taxes). ‡In order to achieve $0 down payment, dealer will cover the cost of tire/battery tax, air conditioning tax (where applicable), environmental fees and levies on the 2015 CR-V LX 2WD and Odyssey LX only on customer's behalf. Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $18,168.80/$22,250.80. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. **MSRP is $27,685/$32,045/$37,095 for the 2015 Pilot LX 2WD model YF3H2FE including freight and PDI of $1,695 based on new 2015 Specified Models described above. License, insurance, registration and taxes are extra and may be required at the time of purchase. */#/**Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on Specified Models only. Offers valid from June 2nd through 30th, 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

AUTOMOTIVE NEWS AUDI DRIVES INTO THE RECORD BOOKS

Andrew Frankel and Rebecca Jackson drove through the Netherlands, Belgium, Luxembourg, France, Switzerland, Lichtenstein, Austria, Germany, Italy, Slovenia, Croatia, Bosnia, Serbia and Hungary. AUDI

Motoring journalist Andrew Frankel and racing driver Rebecca Jackson have been awarded a Guinness World Record for successfully driving a stock diesel Audi A6 to 14 European countries on a single tank of fuel. The journey, which began in Maastricht, the Netherlands, on June 9, took 28 hours of almost continuous driving to complete and covered 1,864 kilometres when the car ran out of fuel in Hungary. One reason for undertaking the challenge was real-world fuel efficiency. Figures quoted by a manufacturer for a new car and what its owner manages to achieve can be two different things. In the case of the Audi, when driven at an average speed of 80 km/h, it achieved a fuel economy of 75.9mpg (3.7l/100km), better than the Audi A6 TDI Ultra's quoted 67mpg (4.2l/100km) figure. AFP

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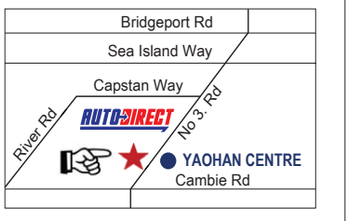

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Carmakers gear up for showcase

EVENT

Goodwood Festival of Speed expects 100k visitors

The event described both as the Glastonbury for car fans and as the world's leading moving motor show — every car that comes to Goodwood is expected to perform, not pose — is fast approaching and with it a host of new model launches, impressive stunts and celebrity appearances.

Held within the grounds of Lord Charles March's West Sussex, England, home, every year he opens the gates to 100,000 visitors and each year helps decide which carmaker will be celebrated as the featured manufacturer, and chooses the event's overriding theme.

IT'S ON
The 22nd annual Goodwood Festival of Speed begins June 25 and runs until June 28.

For the 2015 show, which kicks off June 25, that theme will be "Flat-out and Fearless: Racing on the Edge," and the company getting its own showcase will be Mazda, which will be bringing a selection of its most iconic classics to the show.

Other car companies getting special privileges at the 2015 show include Citroen and as a nod to the 60th anniversary of its revolutionary DS there will be a special class honouring the car as part of the concours d'elegance.

Racing back to the present, a number of brand new cars will be making their debuts at Goodwood, including the new Peugeot 308 GTI. A true surprise announcement, nothing is known about the new range-topping hot hatch other than that it has been designed to compete with the best of the rest.

The all new Ford Focus RS will also be making its first U.K. appearance at Goodwood and is expected to take to the track and its famous hill climb to show what happens when a small hatchback is given nearly 300bhp and four-wheel drive.

Also set to tackle the famous hill are the new Ferrari 488 GTB, the Aston Martin Vantage GT12, the new Bentley Continental GT, the Lexus GS-F and potentially the entire McLaren range of hypercars and supercars. There's also a chance that the long-gestating Renault Alpine sportscar could be heading to Goodwood after it is displayed at the Le Mans 24 Hours near Le Mans, France, on June 13. In all, 18 production cars will be making either their U.K. or global debut at Goodwood, but for those that prefer their thrills and spills on two wheels, never fear — retired motorcycle racer Casey Stoner and still-racing Valentino Rossi will be at this year's event to test their metal.

A host of F1 stars past and present will also be in attendance and U.S. rally driver and YouTube favourite Ken Block will be showing why he gets so many clicks. AFP

STUDY

Bright light for night drive

When you drive into the night, turn on a bright light to improve your performance, suggests a new study that says doing this could improve cognition and alertness.

This extends to night-shift workers whose work environment is dimly lit, for bright light suppresses the release of the natural sleep hormone melatonin, according to the researchers.

"We were most surprised to find that significant differences between the bright light condition and the dim light condition occurred in the second lap of (a) simulated driving task rather than immediately following the bright light exposure," says lead author Denise Weisgerber, a doctoral candidate at Simon Fraser University in Burnaby, B.C. AFP

metro SPORTS
Your essential daily news

The Argos' Ricky Ray is on the six-game injured list as he recovers from shoulder surgery

TEAM CANADA

Midfielder Lawrence making her presence felt

Midfielder Ashley Lawrence has never scored a more important goal in her young career.

On the biggest stage in women's soccer, the 20-year-old recorded Canada's only goal in a 1-1 draw with the Netherlands at the FIFA Women's World Cup on Monday night. The first-half strike was enough to give Canada top spot in Group A.

Ashley Lawrence GETTY IMAGES

"She's been lighting it up in midfield," head coach John Herdman said of Lawrence. "A little bit of pace ... and just that composure to finish that goal. And she had a few chances tonight (Monday). She certainly had the bit between her teeth."

Ten minutes into Monday's contest, a blocked shot bounced to Lawrence and she pounced on it with a side-footed strike for her first international goal in her 21st appearance.

"John really stressed as a midfielder just getting forward and getting in those right positions," Lawrence said after Monday's draw. "It was a great cross and the deflection came out and I just finished."

THE CANADIAN PRESS

Raucous crowd energizes U.S. in win over Nigeria

WOMEN'S WORLD CUP

Wambach scores the winning goal

Cam Tucker
Metro | Vancouver

They were everywhere in Vancouver. Men and women, ranging from the young to the elderly, in some cases dressed from head to toe in the red, white and blue.

They came north to see their U.S. women's national soccer team take on the underdog Nigerian squad at BC Place Stadium, with the chance to win Group D and advance to the second round of the 2015 FIFA Women's World Cup.

And their squad, led by Abby Wambach and sparked by Alex Morgan, did not disappoint. The game didn't feel as close as the score would indicate. From the opening minute, the U.S. seemed in control in a 1-0 victory.

Group D belongs to the U.S. The Americans are off to the round of 16, and will play their next match at Commonwealth Stadium in Edmonton on Monday.

The roars from the crowd of 52,193 fans — the largest crowd for a soccer game since renovations at BC Place — started early and the same jubilant atmosphere continued.

Abby Wambach, bottom, of the U.S. celebrates her goal with teammate Megan Rapinoe against Nigeria at BC Place Stadium on Tuesday. JENNIFER GAUTHIER/FOR METRO

It was a partisan U.S. crowd in a Canadian city. There were a number of fans in green and white, supporting Nigeria, but the noise they made was mostly drowned out.

"I thought the crowd was amazing," said U.S. coach Jill Ellis. "I think that had a big part to do with our energy tonight."

The U.S. was on the attack from the opening kickoff.

Morgan, who had played only 23 minutes combined over America's first two games of the competition, went offside less than 20 seconds into the match. Wambach did the same thing later in the opening half on a debatable call, which led to a goal being called back.

The near misses piled up for the U.S., before Wambach buried the ball to the back of the net on a perfect volley off a corner kick right before the half.

Ellis said afterward that the U.S. squad thought set pieces might be an issue for Nigeria going into the game, so she inserted Wambach into the starting lineup to take advantage of that.

The plan paid off.

There were some nervous moments for the U.S., however.

Asisat Oshoala made a nice run onto the ball, getting in behind defender Julie Johnston, but couldn't get her shot by goalkeeper Hope Solo, who aggressively came out to challenge the Nigerian forward.

Sydney Leroux, originally born in Surrey but with dual Canadian and U.S. citizenship, entered the match in the second half, replacing Morgan.

Leroux's homecoming brought about another raucous cheer from the fans in attendance.

Leroux didn't factor into the scoring, but the majority of supporters went home happy. Off to the next round, the U.S. goes.

ROUNDUP

Japan takes perfect record into knockout stage

Defending champion Japan became the first team to win all three of its group-stage matches after defeating Ecuador 1-0 at Winnipeg Stadium.

Yuki Ogimi scored in the fifth minute for Japan, which secured first place in Group C and a spot in the knockout stage of the tournament.

Cameroon will also advance from Group C after defeating Switzerland 2-1 at Commonwealth Stadium.

Also in Edmonton, Australia secured second spot in Group D after tying Sweden 1-1.

THE CANADIAN PRESS

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New dad has a big dream

BASEBALL

Canadians' Hollon strives for the bigs as a new father

Cam Tucker
Metro | Vancouver

Vancouver Canadians pitcher and Blue Jays prospect Clinton Hollon CAM TUCKER/METRO

Clinton Hollon has plenty to look forward to in the coming days, both on and off the baseball field.

After going through a lengthy recovery from Tommy John surgery, he's slated to get the start for the Vancouver Canadians on opening day on the road against the Salem-Keizer Volcanoes on Thursday. His son, Carter Alexander Hollon, will also turn nine months old in the coming days.

For right now, the father is in Vancouver, playing short-season Single-A baseball in the Toronto Blue Jays system, while his young son is back in Kentucky with his family.

"It's crazy how fast they grow up," he said.

Hollon, a 20-year-old right-handed pitcher and a second-round selection of the Blue Jays in the 2013 MLB draft, admitted it's difficult to be away from his son.

"But I think it gives me a little advantage, a little something extra to work for when you're not just out here living for yourself," he said.

"As much as I love the game, I'm working for my son to have a good life and just to make him proud growing up."

It's been about 13 months since Hollon underwent surgery. Canadians manager John Schneider said he's trying to groom Hollon as the ace of the 2015 staff.

Hollon will be on a pitch count of about 75 pitches at the start of the season before building up from there, said Schneider.

"I'm just out here enjoying it, wanting to enjoy my life," said Hollon.

"But I don't put extra pressure on myself from being a father because I could be a great father whether I'm in the big leagues or if I've got to get a 9-to-5."

Stephen Curry of the Golden State Warriors goes up against the Cavaliers' J.R. Smith on Tuesday night in Cleveland. Curry, the NBA MVP, had 25 points, six rebounds, eight assist and three steals in the Warriors' championship-clinching Game 6 win. EZRA SHAW/GETTY IMAGES

NBA FINALS

Curry helps overwhelming Warriors seal championship

Revived by a fresh-faced shooting superstar and a first-year coach who made them believe, the Golden State Warriors again reign supreme.

Their 40-year NBA championship drought is finally over.

A half century of misery in Cleveland drags on. LeBron James just didn't have enough help.

Stephen Curry and NBA Finals MVP Andre Iguodala scored 25 points apiece, Draymond Green recorded a triple-double and the Warriors — using a barrage of three-pointers in the fourth quarter — won their first title since 1975 by finishing off James and the Cavaliers 105-97 on Tuesday night in Game 6 of the finals.

For the first time since Gerald Ford was in the White House, disco was in vogue and Rick Barry was flicking in free throws underhanded, the best pro basketball team resides in the Bay Area.

And these Warriors are a lot like Barry's crew: fluid, balanced. Just like coach Steve Kerr hoped.

After falling behind by two points early in the third quarter, the Warriors took control with Curry, the league's MVP, and Iguodala leading the way.

They outscored the Cavaliers 28-18 in the third quarter, quieting a rocking Cleveland crowd and opening a lead even the brilliant James couldn't overcome.

THE ASSOCIATED PRESS

IN BRIEF

Klassen expected to retire

Decorated speedskater Cindy Klassen is expected to announce her retirement Saturday at a news conference in Winnipeg.

Klassen is the only Canadian athlete to win five medals at a single Olympic Games with a gold, two silver and two bronze at the 2006 Winter Games in Turin, Italy.

Cindy Klassen THE CANADIAN PRESS

Another bronze in 2002 ties Klassen with former teammate Clara Hughes as the most Olympic medals won by a Canadian athlete.

Klassen, 35, hasn't raced the past two years. She suffered a concussion while inline skating in the summer of 2013.

THE CANADIAN PRESS

M's let Giants up off mat

Matt Duffy homered and drove in three runs to help the San Francisco Giants snap a nine-game home losing streak by beating the Seattle Mariners 6-2 on Tuesday.

Casey McGehee added a two-run double and Angel Pagan hit an RBI single as the Giants snapped their longest home skid since an 11-gamer at New York's Polo Grounds in 1940.

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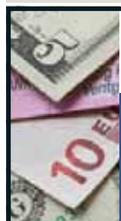

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RECIPE Flank Steak with Cherry Tomatoes, Pine Nuts and Feta

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Planning your patio season celebrations? This is a great meal for outside entertaining. Serves six.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients
- 1 1/2 lb flank steak
- Salt and pepper
- 2 tsp olive oil
- 1 1/2 cup sliced cherry or grape tomatoes (yellow and red), sliced in half
- 3 Tbsp toasted pine nuts
- 1 1/2 oz crumbled feta cheese
- 3 Tbsp chopped basil

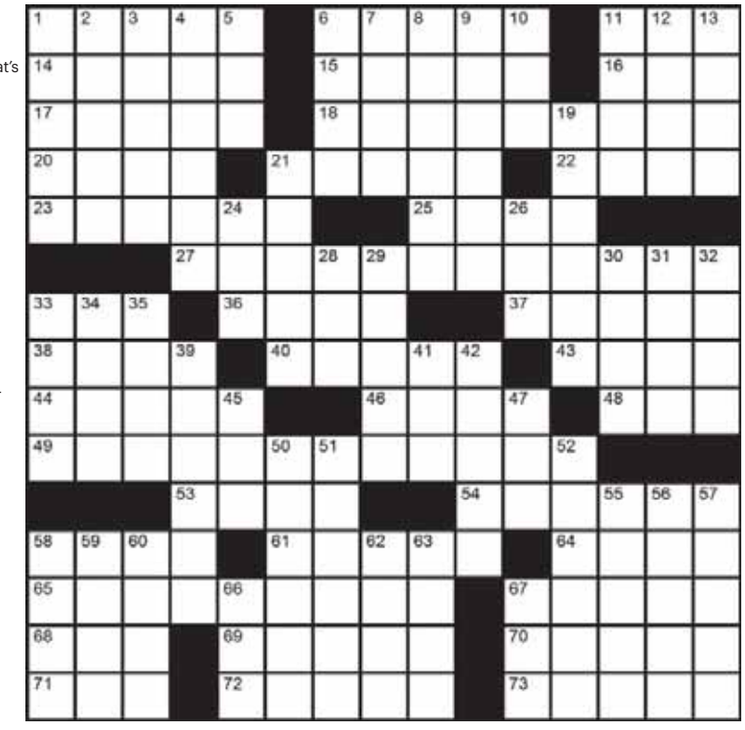
Directions
1. Season steak with salt and pepper. Grill for about five minutes per side, depending upon thickness, until cooked to your preference. For medium rare, let temperature reach 130 F. Let sit for 10 minutes. Alternatively, bake at 425F for the same amount of time.
2. Meanwhile, in large skillet, add olive oil and sauté tomatoes for two minutes.
3. Slice steak thinly across the grain and spread tomatoes, nuts, feta and basil over top.

Nutrition per serving
- Calories 280
- Carbohydrates 1 g
- Fibre 1 g
- Protein 34 g
- Fat 15 g
- Saturated fat 6 g
- Cholesterol 55 mg
- Sodium 150 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Old _ (Men's grooming brand)
6. "I'm not sure if that's good _ _ news?"
11. Premium auto
14. Nutty pie
15. Ms. Witherspoon
16. "Well, _-di-dah!"
17. Scottish landowner
18. Bryan Adams' 'I know not what I do' song, with Please: 2 wds.
20. Banda _ (City in Sumatra in Indonesia)
21. 'Mechanical Resonance' band
22. Off
23. Queen's chair
25. Tehran's locale
27. Corner Brook _ _ _ Limited (Company in Newfoundland that manages about 3.6 'mill'ion acres of forest)
33. _ Na Na
36. Change direction
37. Fearless
38. School year division
40. Paving stones
43. Mr. Kristofferson
44. Yukon-Alaska peak, Mount Saint _
46. 'Special' suffixes
48. Model Carol
49. McCain crust-and-filling snacks: 2 wds.
53. Aahs cohorts
54. Heaps
58. Dirt
61. Signs
64. Warmth
65. Fundy _ _ Adventures (Shubenacadie River tour provider in Nova Scotia)
67. Rigatoni
68. _-encompassing
69. Brings to life a ballad
70. Record
71. "See ya."
72. Carpentry grooves
73. Cup, in Montreal

DOWN
1. Fallen tomato's sound
2. Summery fruit
3. More frigid
4. Arnold's server on "Happy Days"
5. Conclusion
6. Ornamental pond fish, Golden _
7. Vintage autos
8. City in Leonard Cohen's "First We Take Manhattan"
9. Mount in Nunavut sharing the name of The Aesir's home in Norse mythology
10. Agnus _ (Mass prayer)
11. Bungled
12. Family member
13. _ protein powder
19. Joan of "Knots Landing": 2 wds.
21. Vancouver-headquartered communications company
24. Cashew
26. Police alert, commonly
28. Before
29. Caper
30. Prefix to 'normal'
31. Super nasty
32. Break
33. Footprint
34. Prefix to 'copter'
35. Tucson's li'l state
39. Corn oil brand
41. "Tut-tut!"
42. Thorny rose parts
45. Brazil: _ Louis
47. Pou _ (Vantage point)
50. Fear of something
51. Donny or Marie
52. "CBC News Now" host Ms. Meharchand
55. Tree abodes
56. Fig's friends
57. Gawk
58. Wild guess
59. Slick
60. Laze
62. Thus
63. Loch _ Monster
66. John Lennon's unintended acronym
67. Arfer, for one

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
No matter how far out your ideas you can find ways to make them work. It is sometimes said that everyone with a new idea is considered a crank, until the idea works. Your critics will soon be calling you a genius!

Taurus April 21 - May 21
If you take a chance today you could hit the jackpot. There are no guarantees but the planets promise if you have done your homework and planned things carefully you could easily be a winner.

Gemini May 22 - June 21
If you did not do something remarkable yesterday you will certainly do something remarkable today. Even if you are one of life's rare shy and retiring Geminis you will find ways to show the world what you can do.

Cancer June 22 - July 23
If you are the kind of Cancer who hates to see injustice then now is the time to do something about it. There are so many good causes out there and all of them crying out for people with your brand of compassion.

Leo July 24 - Aug. 23
The speed of your actions will take everyone by surprise. If a friend is in some kind of trouble you will go out of your way to help them, then a little bit further to take care of the source of the problem too.

Virgo Aug. 24 - Sept. 23
Many things are changing and you will have to adapt quickly if you want to stay one step ahead of your rivals. One day you will look back and give thanks that you were forced to move in a new direction.

Libra Sept. 24 - Oct. 23
You may have good reasons for wanting to keep information from certain individuals but it's unlikely the planets will let you. Once they know what you do, your the advantage will be gone but you're still better than they are.

Scorpio Oct. 24 - Nov. 22
You may find it very difficult to stay in control of your emotions today, but why would you want to? Sometimes it's good to let everything out, especially if you have been storing up negative feelings.

Sagittarius Nov. 23 - Dec. 21
Something rather shocking is likely to happen today. In a few days time you will realize you should have seen it coming. Be that as it may you are flexible enough to adapt and survive. You may even thrive.

Capricorn Dec. 22 - Jan. 20
Decide what needs to be done, then get on and do it. While your rivals are wasting time arguing about this and that you will be out there in the real world making things happen.

Aquarius Jan. 21 - Feb. 19
Following on from yesterday's new moon you will be in a highly creative mood and whatever you work on over the next 24 hours will bring you a great deal of joy and success. Follow your dream wherever it takes you.

Pisces Feb. 20 - March 20
A friend or relative will surprise everyone by what they do today and emotions are likely to be running high as a result. You though must remain calm and not let your own biases affect your judgment. It's not a matter of life or death.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	6	4	9					
			7	8	4	9	1	
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